

## **HEO / ODMHA Mouth Guard Policy**

On February 10, 2014, the Ottawa District Minor Hockey Association (ODMHA) Minor Council voted to amend Regulation 14.0 on mouth guards as follows:

Old Regulation:

### 14.0 Mouth Guards

Effective October 1, 2004, it is mandatory for all registered ODMHA players to wear mouth guards during all on ice activities (games and practices)

### **New Regulation**

It is strongly recommended for all registered ODMHA players to wear mouth guards during all on ice activities (games and practices)